

**IN THE ABSTRACT:**

~~The present invention relates to a~~ A reciprocating seal used, for example, for a shock absorber. A main seal lip 32 has a two-step lip structure including a first lip 32a and a second lip 32b and a plurality of protrusions 34 extending in the direction of the shaft are formed on a sliding contact surface of the second lip 32b, thereby improving frictional force characteristics and, at the same time, improving sealing performance.